



BELIZE
PRANA MAYA
ISLAND RESORT



Embody, Restore & Integrate Retreat

MAY 12-16, 2026 | PLACENCIA CAYE, BELIZE



Hosted by Dr. Mara Kevan & Breyn Hibbs

Mark your calendar to join us at the Embody, Restore & Integrate Retreat, facilitated by Dr. Hamad Shirazi and The New Biology Clinic at the secluded and stunning Prana Maya Resort & Wellness off the southern coast of Belize.

Heal The Innate Healer Within Yourself

Life asks a lot of us, often pulling us away from our own sense of balance and wellbeing. This retreat is designed to help you:

- Recharge and Reconnect
- Combat Burnout and Stress
- Reclaim how to play and laugh in a like-minded, heart-coherent community
- Feel Valued and Empowered



RETREAT INCLUSIONS:



- 4 nights / 5 days in luxurious oceanfront accommodations at Prana Maya Island Resort
- Welcome Reception
- 3 organic, farm & sea to table, sustainable meals
- Choice of 3 Mind-Body-Spirit Treatments (additional sessions at specially discounted rates):
 - 60-min Sea & Soul Signature Massage w/Belize Copal Oil
 - 60-min Acupuncture w/ Guided Meditation
 - 60-min Somatic Healing Session
 - 60-min Immersive Sound Healing on the Vibe Bed w/ Molecular Hydrogen Therapy & PEMF Mat
 - 60-min Chiropractic Session
 - 60-min Maya Inspired Rejuvenating Facial w/ local, organic and biodynamic products
- Daily Activities: Yoga, Meditation, Journaling, Grounding, TRX Class, Functional Movement Class, Morning Tea Ceremony, Cacao Celebration, Healing Bowls
- Complimentary Travel Support, Airport Greeters and Transfers from/to the Placencia Airport

RESERVE YOUR PLACE IN PARADISE

Scan for more information or to register.



ISLAND
DISCOVERY
BECKONS